



IHSS GAZETTE

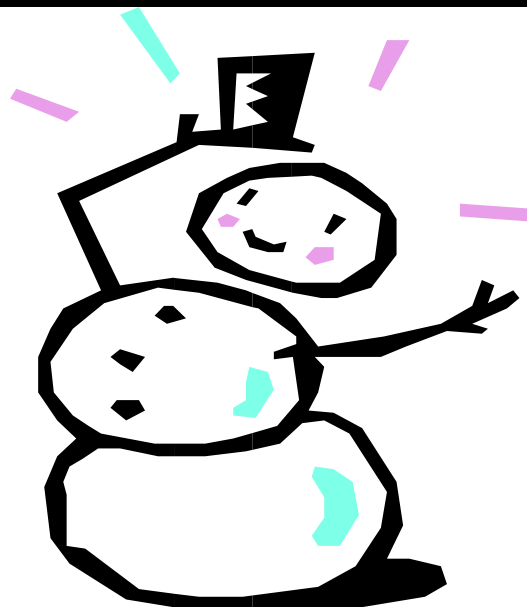
Placer County IHSS Advisory Committee Newsletter

MESSAGE FROM THE PUBLIC AUTHORITY MANAGER

This season is one in which many of us take time to remember life situations and individuals we are thankful for. In my life it seems to be that the most challenging situations, and those individuals that helped me during those challenging times, have proven to be the most valuable.

My experiences during those times when I required homecare and when my wife was my homecare worker are at the top of my list of most challenging and most valuable life experiences. Those experiences brought me to the work I do, and to a very real and personal understanding of the challenges faced by many of you and of the wonderful service provided by our homecare workers.

For all of this I am thankful.



**HAPPY HOLIDAYS
FROM THE
PLACER COUNTY PUBLIC
AUTHORITY AND YOUR
IHSS ADVISORY
COMMITTEE!**

CAREGIVER RECRUITMENT



Registry Specialists Linda Mulrane and Debbie Faia

The Placer County Public Authority participated in The Placer County Job Fair, held on October 12, at the Gold Country Fairgrounds in Auburn. Registry Specialists, Linda Mulrane and Debbie Faia spent the day recruiting possible caregivers for the Public Authority Registry.

Registry Specialists Kathryn Ripley and Debbie Faia attended the Senior Health Fair on October 26. The intent of the health fair is to enhance senior awareness regarding organizations and services available to them in the community. This year the fair included flu vaccines.

These were very beneficial days. As we make the community aware of our programs we will continue to grow in recipients served, as well as available homecare workers.



SENIORS AND THE FLU VACCINE

Denise Coffelt, Immunization Outreach Nurse

The flu vaccine can prevent or lessen the effects of the flu. The flu can lead to pneumonia and can be especially dangerous for people with heart or breathing conditions. The flu kills about 36,000 people each year, many of whom are elderly. The flu vaccine is strongly recommended for the following populations:

- All people 60 years and older
- All nursing home residents
- All adults and children with a chronic condition, including asthma, diabetes, heart or lung disease
- Adults and children living with or caring for infants younger than 6 months of age
- Health care workers
- Pregnant women
- Children 6-23 months

The flu season usually peaks in February, but it can peak anytime from November through May. The vaccine's protection begins to work about 2 weeks after you get the shot, so getting the vaccine in December or even later can be helpful in most years.

Anyone in one of the above groups who needs a shot, may get one from one of the weekly clinics below after December 7th on the following days and locations; no appointment is needed (closed from 12-1):

- | | | | | |
|--------------------|------------------|----------------|------------|------------|
| • Roseville Clinic | 1130 Conroy Lane | (916) 784-6444 | Wednesdays | 9:00 -4:00 |
| • Auburn Clinic | 11583 C Ave | (530) 889-7215 | Fridays | 9:00-4:00 |
| • Tahoe Clinic | 8665 Salmon Ave | (530) 546-1970 | Thursdays | 8:00-3:00 |

The cost is \$10.00. (If you receive only Medicare - not an HMO - there is no charge)

The flu shot is also recommended for those age 50-59 years, people living with or caring for people who are at high risk for the flu, and employees of long term care or assisted living facilities, or anyone who would like to have vaccine protection from the flu. People in these groups as well may obtain a flu shot from their doctor or from a participating business.

If you have any questions or concerns please call the Immunization Outreach Nurse, Denise Coffelt at (530) 889-7145.

Stay Healthy



**GET YOUR
FLU SHOT
TODAY!**



Just The Facts



According to the U.S. Consumer Products Safety Commission, more than 600,000 older Americans are treated each year in hospital emergency rooms for injuries at home. Many of these injuries are the result of hazards that were overlooked. Taking some time to correct the hazards could prevent many of these injuries.

Here are some helpful hints:

- In all areas of the home, check all electrical and telephone cords to be sure they are out of the flow of traffic.
- Check rugs, runners and mats to be sure they are slip-resistant.
- Be sure that there is easy access to telephones (if it is cordless, be sure it is charged at all times).
- Post emergency numbers near the telephone.
- Check to see that all smoke detectors are in working order.
- Check electrical outlets and switches. If any are unusually warm or hot to the touch, unplug cords from outlets and do not use the switches. Have an electrician check the wiring as soon as possible.
- Are exits & passageways kept clear? Is there an emergency exit plan?

Aging Solutions
www.aging-parents-and-elder-care.com

UPCOMING PROVIDER TRAINING

Elder Abuse Prevention and Awareness
Presented by the Placer County
Victim Witness Program

- January 11, 2006, 3:00 - 4:00
11512 B Avenue, Dewitt Center, Auburn
(Sierra Room)
- January 12, 2006, 9:00 - 10:00
101 Cirby Hills Drive, Roseville
(Cafeteria)

For more information, call the
Placer County Public Authority
at
530-886-3680

HAPPY HOLIDAYS!

Ask Eldon

Q: Do IHSS Providers get paid to attend orientation or for driving time to and from?

A: No. Orientation is offered as an educational and informative part of being a Placer County IHSS Provider.

Q: If my client asks me to take care of her pet, can I be paid for that task?

A: No. IHSS Providers are compensated for provider specific services ONLY. Pet Care is not an authorized IHSS Service. (See your provider handbook for more information on unauthorized services)

Send your questions to: IHSS Public Authority, ATTN: Ask Eldon
11533 'C' Avenue, Auburn, CA 95603



ATTENTION IHSS PROVIDERS

We sincerely hope that you are finding satisfaction in your work as an In-Home Supportive Services (IHSS) provider and in the knowledge that your assistance allows the elderly and disabled to live safe and independent in their homes.

Many IHSS recipients are in desperate need of locating and hiring a provider. The Placer County Public Authority maintains a Registry service that assists IHSS recipients in locating a provider. We are urging all non-Registry providers who may be able to take on another recipient to apply.

We are also encouraging Registry providers to consider adding more hours to your availability.

If you are interested in adding your name to the Registry or increasing your available hours, please contact the Public Authority at (530) 886-3680.

**JOIN THE
PUBLIC
AUTHORITY
REGISTRY
TODAY!**

If you wish to be added to the Registry, we will mail you an application to complete and return. After your application has been received and reviewed, you will be asked to attend an orientation/interview to complete the application process. Once you have completed the application process, your name will be referred to recipients in need of a provider.

"Caregiving may be one of the most important roles you will undertake in your lifetime." *Caring Connections* - www.caringinfo.org

Thank you for your careful consideration of this important request. You **can** make a significant difference in someone's life.

Eldon Luce
Public Authority Manager

National Caregivers Month

November 2005

Below are samples of some of the letters we received in response to National Caregivers Month.

"Charlotte is not just my worker, she is my friend. She gives me a person I can talk to. She has helped me so much. Doing a very great job taking care of me and my home. I trust her with everything I have. When I am laying down, she comes in and starts her work. No need to tell her. She just does it. Charlotte is honest and treats me with honor and respect. I am very lucky to have her as a worker and very grateful for our friendship. I simply can't say enough about her". *Sincerely, Janie R.*

"Mrs. Ronnie G. has been working for me for over two years. She has been reliable and dependable during this time. Ronnie goes 'out of her way' to carry out a task for me. She does many little things to make life easier and safer for me in my own home. I hope Ronnie continues working for me so long as she needs to work. Thank you Ronnie for being so faithful to me. I appreciate everything you do for me". *Eva C.*



ASSISTANCE WITH UTILITY BILLS

Candace Roeder, Seniors First/Senior Link

Pacific Gas and Electric Company's Low-Income Energy Management Department is dedicated to assisting low-income, disabled and senior citizen customers through numerous programs and community outreach projects. Here is an outline of each of these programs.

- **CARE (California Alternate Rates for Energy)**

The CARE program provides qualifying low-income customers in California with a 20% discount on their monthly bills.

- **FERA (Family Electric Rate Assistance)**

FERA is available to single-family, low to middle-income customers with their own accounts. If your household meets the requirements, you can apply to receive a Tier 3 electric rate reduction on your bill.

- **REACH (Relief for Energy Assistance through Community Help)**

REACH is a one-time energy assistance program administered through the Salvation Army. REACH helps low-income customers – particularly the elderly, disabled, sick, working poor and the unemployed – who experience severe, uncontrollable or unplanned hardships and are unable to pay for their energy needs. To apply for REACH, contact the Salvation Army at 1-800-933-9677.

- **Energy Partners Program**

Energy Partners is PG&E's free weatherization program. Utility-approved contractors work with low-income customers to make their homes more energy efficient.

- **Services for Medical Baseline and Life Support Customers**

PG&E's Medical Baseline Program provides additional quantities of energy at the lowest (baseline) price to residential customers with certain medical conditions. Customers who dependent on life-support equipment and those with special heating or cooling needs may be eligible.

- **Balanced Payment Plan (BPP)**

Eliminate big swings in your home or business payments by averaging your energy costs over the year. Continued participation in this program requires that payments be made on time each month.

- **Third-Party Notification Service**

Third-Party Notification Service keeps PG&E bills up to date and people comfortable. If you care for a relative, friend or client who could overlook paying his or her PG&E bill because of illness, financial hardship, language difficulties, or other issues, PG&E's Third-Party Notification can help. Under this program, if the person you're concerned about ever receives a late notice due to an unpaid PG&E bill, the company will notify you, or any other person designated as a third party, to alert the person that the PG&E bill needs to be paid. The designated person is not responsible for paying the bill, but might want to contact PG&E to help resolve the problem.

**For more information on any of PG&E's programs, please call
1-800-743-5000 or visit their website at www.pge.com**

Candace Roeder is the Executive Director of Seniors First/SeniorLink, Placer County Senior Information and Assistance. She is also the host of 'A Time For Seniors', the live radio broadcast, aired by KAHl AM950, on Mondays from 12 noon to 1 p.m. Send your senior-related questions to: A Time For Seniors, c/o Seniors First/SeniorLink, 13620 Lincoln Way, Suite 370, Auburn, CA, 95603, or call 530-889-9500. Please include your name and phone number with your questions.



PLACER COUNTY
IHSS PUBLIC AUTHORITY
11533 'C' AVENUE
AUBURN, CA 95603

Placer County Public Authority

Administration:

11533 C Avenue
Auburn, CA 95603

Manager:

Eldon Luce

Secretary:

Shirlee Herrington

Hours:

Monday - Thursday
8:00 a.m. - 5:00 p.m.

Friday
8:00 a.m. - 1:00 p.m.

Registry Staff:

11512 B Avenue
Auburn, CA 95603
Phone: 530-886-3680
Fax: 530-886-3690

Registry Specialists:

Linda Mulrane
Debbie Faia
Kathryn Ripley

Registry Clerks:

Rebecca Hager
Sharon Shuba



United Domestic Workers (UDW)

3737 Camino Del Rio South, #400
San Diego, CA 92108
1-877-483-9937

IHSS Advisory Committee

Margaret Maldaner - Chairperson

Michael Fletcher - Vice Chairperson

- ♦ Deborah Dahl
- ♦ Mary DeGraaf
- ♦ Ruth Lindsley
- ♦ Katie Snoberger

JOIN TODAY!

CALL 530-886-3680